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November 8, 1994

FOR IMMEDIATE RELEASE:

DIVISION OF RECREATIONAL SPORTS OPENS WELLNESS CENTER

CHARLESTON -- It has never been easier for Eastern Illinois University students and faculty and staff to get fit.

Whether you want to lose or gain weight or find out more about your physical health and diet and nutrition, staff in the newly opened Wellness Center in the Student Recreation Center (SRC) can help.

The Division of Recreational Sports (DRS) opened the Wellness Center on the second floor of the SRC to meet a growing interest in preventive health, according to DRS director David Dutler.

The Wellness Center is open from 3 to 7 p.m. Monday through Thursday and by appointment. It will not operate when school is not in session. The Center is staffed by graduate assistant Pattie VanMierlo, an exercise science major from St. Louis, Mo., who has a special interest in athletic training.

Dutler said persons must have an appropriate SRC membership to receive services offered through the Wellness Center. Services include general fitness assessment, body fat composition, individualized exercise prescription, equipment

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orientation and supervision and diet/nutrition planning.

Nutritional planning will consist of general education of food groups, label reading and choosing low fat and healthy foods. Special programs will also be offered on eating disorders, stress management and other health issues.

To determine an individual's progress, his/her initial health assessment will be compared to those taken at a later date after participating in an intramural sport, aerobic class or other exercise program, VanMierlo said. "We do provide continuous monitoring and support to participants."

She will be assisted in the Center by student volunteers from the Student Wellness Association, a newly formed group composed of undergraduate and graduate students interested in wellness-related careers, including corporate recreation.

VanMierlo and her volunteer staff will work closely with SRC aerobic leaders to offer classes that meet the needs of Wellness Center participants. They will also work in cooperation with Eastern's physical education department, which offers comprehensive fitness assessment and appraisal, and with Health Services to assure participants have a physical examination prior to beginning a fitness program. Participants are required to sign a waiver prior to receiving Wellness Center services.

She said her future plans are to publish a Wellness brochure, containing a complete listing of all wellness services offered to the campus community, and to produce a Wellness Association newsletter. To be included in the wellness brochure or for more information, call her at 581-2820.